**Techniques for Symmetry Protocol**

These techniques can reset the system, promote symmetry, and release stored stress responses. Research has shown that the body stores emotions and injuries throughout various parts of the body. This technique facilitates healing through movement. It begins with a basic front-back pattern established in utero and maintained throughout life. The technique progresses through increasingly complex movement patterns involving all planes of movement.

**Moro Release to Chest**

*Purpose*: Release Moro reflex and create safety:

*Procedure:* Tap chest for grounding 1-2-3-4 with gentle pressure and then perform repetitive tapping lightly and repetitively on the sternum 20 -30 times. Repeat as tolerated until child takes deep breaths.

**RRR: Rhythmic Release and Restoration**

*Purpose*: This technique resets the body and releases tension and breath.

*Procedure:* Gently rock the body up and down while lying on your back or side. Body movement on the surface should be limited by the ROM of the girdles. For example, tight shoulders restrict movement, but loosened shoulders increase it. Move the body away from the head and let go the pull to allow the body to return toward the head.

Use a repetitive, shaking motion that is large or minute.

Support the head once the body loosens. Gently move the body up and down in supine or side-lying positions with very gentle traction to allow separation.

**Rocking Chair**

*Purpose:*

This technique was created to engage the natural movement of the body with rhythmicity, symmetry, breath, vestibular integration for the deep healing with a return to a default movement pattern. The theory that created this technique views the body as an ever-healing system that is experiencing challenges and is created to recover. As the body experiences “uh ohs” the body shapes and re-organizes around these stress responses until they are healed or processed. The motion will activate flexor and extensor muscle groups in response to the rocking motion.  This motion will move head to toe and recruit as many parts as needed to perform the task. And organize at this deep level.

*Procedure:*

Incorporate the use of rhythm, breath, cellular shaking, emotional release, reflex and intention within a space of love and safety.

For child:

Sit child on your lap, ball, chair, rocking device comfortably with child feeling safe with emotional and physical supported.  Establish a predictable rhythm back and forth so that the child is moving forward and backward with a functional speed for them.  A functional speed is a speed that the child can adapt and respond to.

a) Support the total body as they get used to the motion.

b) As they relax and move with the rhythm, encourage head and neck motion as follows:

• Flexion to extension- Encourage the natural movement of the head forward as they move from lying on their back (or reclined) to upright.  Let the head lead. This will engage the forward position of the head and shoulders with curving of the spine into flexion until they reach the upright position.

• Extension to flexion- Encourage the natural movement of the head and shoulders backward into extension as the child moves forward past upright into a forward position. Child moves into upright sitting with your assistance if needed.  At full extension of spine and neck, begin moving back into flexion of the spine as their head moves out of upright into a reclined position against gravity.

c) Change the speed, rhythm, and motion of the body to gain range of motion and connection of all parts and cells.

d) Set your intention to what needs healing.

For independent mover (adult or large child):

Have the person sit, stand, or side lye. Use chair or surface that supports their movement.

a) Move slowly and with ease as they get used to the motion

b) As they relax and move with the rhythm, encourage head and neck motion as follows:

• Flexion- Encourage the natural movement of the head forward as they move from lying on their back (or reclined) to upright.  Let the head lead.

* Extension- Encourage the natural movement of the head backward as the person moves forward past upright into a forward position.

c) Change the speed, rhythm, and motion of the body to gain range of motion and connection of all parts and cells.

d) Set your intention to what needs healing.

**Rocking Chair with Breath Releas**e

*Purpose:*

The child should establish rhythm and use the total body flexion with the thighs in the belly to encourage an adaptive breath. The child will adapt the breath and decrease use of accessary breathing.  This helps them drop the shoulders and lengthen the neck automatically.  The child will activate flexor and extensor muscle groups in response to the rocking motion.

*Procedure:*

Sit child on your lap comfortably with child feeling safe and emotionally and physically supported.  Establish a predictable rhythm back and forth so that the child is moving forward and backward with an easy speed for them. Support the total body as they get used to the motion.  The diaphragm wit establish a rhythm of movement to match the challenge.

a) As they relax and move with the rhythm, encourage head and neck motion as follows:

• Flexion- Encourage the natural movement of the head forward as they move from lying on their back (or reclined) to upright.  Let the head lead.

* Extension- Encourage the natural movement of the head backward as the child moves forward past upright in to a forward position. Child moves into upright sitting with your assistance.

**Sphincters:**

This refers to the sphincters of the digestive tract. We check five, focusing mainly on the Cardiac Sphincter and the Pyloric Sphincter. These sphincters should move in a clockwise direction for proper function.

*Procedure:*

 Press lightly and release to only light touch as you feel for the motion of the tissue

beneath your finger. By intentionally loving and turning the sphincters, they are often

supported for more efficiency.

**Rooting Engagement**

*Purpose:*

Engage the senses and muscles activated by the Rooting reflex. Release restricted fascia. Engage the will of the child. Teach the child to lift and clear the airway

*Procedure:*

Place child in a comfortable position against gravity. Use your hand or a soft cloth to contact the tissue of the outer cheek from in front of ear to lip in a deep stroking slide.

1. Slide cloth from in front of ear to upper lip and across midline.
2. Slide cloth from in front of ear to lip corner and across midline.
3. Slide cloth from in front of ear to lower lip and across midline.

Repeat a-c from lip to ear as if child is rooting on surface in prone.

Gain head lift as you lift the cloth and allow child to free airway.

\*In older child, the technique has shown to establish midline and progress balance.

**Tic Toc**

This technique follows rocking chair technique. It is used to establish the response to righting from the head to the toe on a lateral plane. The technique is used to develop symmetry by engaging a whole-body response to the body being shifted. It is created to engage the subtleties of movement but deep in the tissue. The rhythmicity and vestibular integration is foundational.

*Purpose:*

The child should establish rhythm and use the activation of the balance system to help relax muscles.  The child will activate the right and left side of the body in response to the rocking motion.  Child will right the head and lead with the head to correct their posture.

*Procedure:*

Incorporate the use of rhythm, breath, cellular shaking, emotional release, reflex and intention within a space of love and safety.

Sit child on your lap comfortably with child feeling safe and emotionally and physically supported.  Establish a predictable rhythm side to side so that the child is moving right to left with a just right challenge for them.

a) Support the total body as they get used to the motion

b) As they relax and move with the rhythm, encourage head and neck motion as follows:

• Right lateral flexion- Encourage the natural movement of the head toward the right side as the child moves from right to left.  Let the head lead.

* Left lateral Flexion- Encourage the natural movement of the head toward the left as the child moves from left to right. Change the speed, rhythm, and motion of the body to gain range of motion.  Let the head lead.

**Over Pass Technique**

This is a treatment technique that releases or activates a muscle by placing light traction on a muscle.

Slide the muscle toward the insertion for release.

Slide the muscle toward the origin for activation.

It was created for kids that taping is not an option. It may replace taping if parents can carry it out.

Identify the tight areas and understand the path of the muscle. Slide the muscle tissue toward the insertion to release the muscle tightness. Hold the muscle a few seconds until it releases.

To inhibit, begin on the muscle that is most superficial and treat from superficial to deep for release.

IT activate a muscle, treat the deep muscles and move to more superficial as the muscles activate.

For the neck and shoulders, a common sequence is:

Upper Trapezius, Levator scapulae, Scalenes, and Sternocleidomastoid

**Range of Motion Upside down**

This technique was created in an effort to find a easy way to perform range of motion without it bothering the child. So many kids love to go upside down. As the technique is performed, carry out the following:

1. Place their hands on their hips and put your hands on their hands to hold the hands on their hips. This allows for the shoulder girdle to depress and the neck muscles to lengthened. Gravity is used to lengthen the neck muscles.
2. With the child lying on their back, Take their knees & feet to their chest. Hold the knees in a flexed position toward their chest for an extended few seconds, so the child has the opportunity to change their breath pattern.
3. Pull their legs back out straight and then repeat the pattern of flexing their whole body as we take the knees to the chest.
4. Make sure to stretch the back of the neck as the child’s body is curled into flexion if a child is enjoying.
5. After the neck is mobile for flexion, I will move the neck into lateral flexion by opening the head neck as I take the knees to the chest, but in a lateral plane as a lift the body vertically.
6. Do this on each side of the neck until they have increased range of motion. This is done only if the child enjoys it

**Infinity**

*Purpose:*

Engage the pelvic floor to the tongue with 3 planes of motion. This is intended to systematically engage all parts that are required for skilled motion with in 3-dimensional space with upper and lower, right and left and rotational patterns in all developmental positions. It is essential to use relationship from whole body to cellular intention. Limbs may be included.

*Procedure:*

Begin with relationship and move into circular patterns if the body has completed Rocking chair and Tic Toc exercises.

Use different developmental positions but start in a comfortable space.

Move the child in a circular motion from tongue to toes starting at pelvis or hyoid or at area of ease (most function). Move to infinity when the body is ready. Treat limbs after torso.

**Pelvis Choo Choo**

*Purpose:*

Establish rhythm and movement in the front back motion with mobility throughout the **pelvis**. Gain mobility in all movement planes.

*Procedure:*

Child is moved in front/ back plane with mobility of pelvis by moving it forward and back with the motion of the torso.

Move one side of the pelvis forward and one side back. Move in infinity motion

Incorporate the use of rhythm, breath, cellular shaking, emotional release, and intention within a space of love and safety.

Sit child on your lap, ball, chair, rocking device comfortably with child feeling safe and emotionally and physically supported.  Establish a predictable rhythm back and forth in the pelvis and move into other patterns of movement.

a) Support the total body as they get used to the motion

Anterior Tilt/ Posterior tilt: Tilt the pelvis forward/and back and a rhythmic motion as the pelvis relaxes and gains ROM. .Extension- Encourage the natural movement of the head backward as the child moves forward past upright into a forward position. Child moves into upright sitting with your assistance.

c) Change the speed, rhythm, and motion of the body to gain range of motion and connection of all parts and cells.

d) Set your intention to what needs healing.